



Movement Workgroup

November 18, 2024

Howard County Health Department
Local Health Improvement Coalition (HCLHIC)

Howard County LHIC

Local Health Improvement Coalition



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Welcome and Announcements

- [Register](#) for the next HCLHIC Quarterly hybrid meeting:
 - January 16, 2025 at 9:00 am.
- [Register](#) for the Sensory-Friendly Sundays at the Robinson Nature Center
 - Sundays from 10:30 am – 12:00pm.
- [Register](#) for the “Healthy Holidays” An Adult Weight Management Class
 - November 19, 2024 at 12:00 pm.

Other Partner Announcements



Walktober 2024 Review

Ashton Jordan, Local Health Improvement Coalition

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Walk Maryland Day

- 9th annual Walk Maryland Day celebration
- The "Walk Maryland Day" celebration aims to raise awareness about regular walking, promote physical activity, and improve health by offering fun walks for all Marylanders.



Walk Maryland Day 2024 – Maryland Department of Health

October 2nd, 2024

- 103 Walking Groups
- 593 individuals joined a walking group
- Participation:
 - 4 schools, 10 businesses, 15 non-profits, 1 for-profit, 26 Community groups, and 47 Government groups



2024 Walkinars – Maryland Department of Transportation

- 5 Virtual Presentations about the safety of Walking
- 2,000+ individuals participated in the Walkinars
- 50+ partners statewide



Walktober 2024



Walktober Proclamation 2024

- Fifth annual 'Walktober'
- 'Walktober' is a month dedicated to pedestrian safety, coinciding with the National Highway Traffic Safety Administration's October National Pedestrian Safety Month.



Howard County Walktober 2023 vs. 2024

2023

- 18 Organizations arranged walk/move events

- 47 events (2 Cancelled)

2024

- 17 Organizations arranged walk/move events

- 72 events (2 Cancelled)

- **2024:** Safety clip-on lights, Safety wristbands, Walktober Water Bottles were handed out to the organizations

Howard County Event Organizer Survey 2023 vs. 2024

Information collected: date, time, location, population, size of audience, description, miles, feedback

2023

Responses: 16

Participants: 787

Total Distance: ~2,408 miles

2024

Responses: 9

Participants: 1,137

Total Distance : ~3,176 miles

Pros & Cons

Pros

- Earlier Planning Meetings
- Organized E-mails with clean instruction
- Reached out to the LHIC and movement partners earlier
- Social Media/Graphics increased awareness of the events

Cons

- Weather (Tropical Storm)
- Time
- Transportation to Walks

Key Takeaways

- Increased Participation
- Wide variety of events
- Great way to network with current and prospective volunteers
- Individual participant surveys
- Popularity of promotional items

WALKTOBER 2024 EVENTS



Elkridge & Bain 50+ Centers

WALKTOBER 2024 EVENTS



East Columbia 50+ Center



North Laurel & Ellicott City 50+ Centers

WALKTOBER 2024 EVENTS



AUSOM 5k



East Columbia 50+ Center

Opportunities

1. How can we improve gathering data from Walktober events?
2. How can the Movement Group improve for Walktober 2025?
3. Are there additional partners that we could include for Walktober 2025?



Thank You!

For questions, please contact:

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